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'It's not too late'

Anti-gang youth-advocacy program at risk ◐ A lot of kids need this: Worker

RYAN TAPLIN/METRO



▶ Youth-advocacy worker Troy Allen poses for a photo on Uniacke Street yesterday.



ALEX BOUTILIER
@METRONEWS.CA

Troy Allen recounts a simple story in his Uniacke Street office.

Young kid gets caught stealing something minor; kid initially refuses to take responsibility; kid eventually recants and all is forgiven.

But Allen is beaming when he tells it.

"I know it sounds very simple," he said yesterday.

But it was the first time Allen saw the young man take responsibility for his actions. It was a breakthrough.

"I was in awe. And that just builds the relationship.... We're past that.... What's the next big thing?"

"It's just that proactive approach to having them trust somebody else outside of the community. That's my goal, my purpose."
TROY ALLEN

Allen is a mentor in the Youth Advocate Program, working in Uniacke Square. The future of the program, which aims to keep at-risk youth out of gangs, is at risk itself.

Federal funding for the program dries up in April.

Halifax regional council will decide today whether it will absorb the cost — about $690,000 a year — while seeking other funding partners.

Allen is aware that taking responsibility for so petty a theft might sound like a small thing considering the price tag.

"But for any kid who has seen mom and dad steal ... with no regret," he said. "This is huge."

Growing up in Spryfield, Allen was no stranger to trouble himself, and did six years in prison for it.

Now he's living proof for "his kids" that they can choose a better way.

"I can tell them the story.... It's not too late."

Eyes on Libya

'My people love me': Gadhafi

◐ Canada wants Libyan leader to face world court for crimes against humanity ◐ U.S. moves naval and air forces closer to Libya {page 6}

Stay tuned for naked Lohan



Star to pose nude as part of latest comeback attempt {page 10}

NHL trade deadline update

Los Angeles Kings nab forward Dustin Penner {page 19}

From Libya to Dartmouth

'Feels amazing' to be back home: Oil worker {page 2}


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1 news

No charges in nursing-home death

No charges will be laid in the homicide investigation of a 92-year-old woman living at a local nursing home.

Police spokesman Const. Brian Palmeter said yesterday investigators have completed their work, and after consultations with the province's Public Prosecution Service, decided it's not in the public's interest to pursue charges in this case because of the circumstances, including the people involved.

"Based on the specific facts of this case ... the decision was made not to lay charges," he said.

On Feb. 5, police received a call about the sudden death of a woman at Shannex Arborstone Enhanced Care nursing home on Purcells Cove Road.

The province's Medical Examiner determined the death was a homicide and contacted police.

RYAN TAPLIN/METRO



▶ The Arborstone Enhanced Care nursing home.

An autopsy concluded, according to a police release issued on Feb. 8, the woman died from "complications relating to injuries received during an incident with another resident on Jan. 7."

A Feb. 8 statement from the nursing home regarding the death said the victim suffered injuries after falling because another female resident pushed her in the dementia wing of the building. Neither woman had a history of aggressive behaviour, according to the statement.

SHELBY MCDONALD

Victim

▶ **Altercation** The victim, who Metro Halifax has learned is Pauline Ethel Hartling of Dartmouth, was sent to hospital after the altercation, then returned to Arborstone two weeks later.

Man arrives home after escaping Libya

Dartmouth oil worker left Libya by travelling to Malta, London, on journey back to Halifax



ALEX BOUTILIER
@METRONEWS.CA

A weary Glenn Sutherland arrived safely home in Halifax late last night.

Sutherland, a 30-year-old from Dartmouth, was working on an oil rig in Libya when that country erupted into chaos two weeks ago.

Since then, he has had a perilous journey — escaping armed rebels as they marched on his work site, hiding out in the desert with limited provisions, finally making it out of the country to Malta, and last night, home.

"It feels amazing. There was a few times we didn't think we were going to make it," said Sutherland, after reuniting with his wife, parents and two of his sons at Halifax Stanfield International Airport shortly after 10 p.m. "It was a few tough situations, so we're really happy to be home."

"I just can't explain it. It's just a feeling I haven't felt before."
IRIS SUTHERLAND ON HAVING HER SON GLENN BACK HOME

But even arriving safely and greeting his family, Sutherland turned his thoughts back to Libya, where many of his co-workers remain. "We still have a lot of close friends and co-workers who are still back in Libya, who are from Libya, who can't leave," said Sutherland. "Our thoughts are with them."

His mother, Iris Sutherland, was elated to see her son walk down the stairs at arrivals.

"It's such a relief to see him home safe," she said.

RYAN TAPLIN/METRO



▶ Dartmouth's Glenn Sutherland hugs his wife Cassandra and son Quintin at Halifax Stanfield Airport last night after arriving home from Libya.

News on the move

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2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

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On the web at metronews.ca



B.C. polygamist leader says he would welcome probe into allegations of child brides in the community. Video at metronews.ca

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Spy planes that mimic birds or insects may be put to work in disaster zones.

Origins of stowaways found

The two stowaways discovered aboard a container ship in Halifax harbour last month are originally from Morocco and Western Sahara, an advocate for refugee claimants said yesterday.

Earlier reports said the Arabic-speaking men were probably from North Africa, but few other details were known. Julie Chamagne, executive director of the Halifax Refugee Clinic, said the two men appeared before the Immigration and Refugee Board yesterday, but their case won't move forward until they produce identification documents.

Ship

▶ **Swedish** The men were found aboard the Swedish-owned ship Atlantic Concert on Feb. 16.

Chamagne said friends and relatives in northwestern Africa are expected to send some documents in the weeks ahead. Another detention review hearing will be held March 30, but Chamagne said that date could be moved up if the documents arrive before then.

"They both have expressed fear of persecution in their home countries," she said. THE CANADIAN PRESS

Coyote attack on farmer investigated

Officials in Nova Scotia are investigating a coyote attack on a farmer in Milford Station. The Department of Natural Resources says an aggressive animal tore at the back of the man's jacket and glove on Saturday.

He was not hurt. A trapper has been called in to try to remove the animal. Thirteen trappers were trained last October to deal with aggressive coyotes.

"Our department takes any incident involving an aggressive coyote very seriously," said Charlie Parker of the Minister of Natural Resources, in a release. "Ensuring the safety of all Nova Scotians is our main priority." METRO/WITH FILES FROM THE CANADIAN PRESS

Light bulb can be lit by residents, committee hears

- Almost all of HRM's 260 intersections are now converted to LED lights
- 40 to 50 jobs expected to be created through the community solar project

RYAN TAPLIN/METRO FILE



▶ A seagull stands on a ballpark lightstand as the Tufts Cove generating station looms in the background in this file photo from 2008.

JENNIFER TAPLIN
@METRONEWS.CA

Empowering municipalities is the key to helping residents reduce energy demands, HRM staff told a senate committee yesterday.

"We're hoping flexibility is structured through direct federal funding programs between municipalities and the federal government," Mary Ellen Donovan, HRM's director of legal services, told the standing senate committee on energy, the environment and natural resources yesterday.

"By empowering municipalities, you are empowering citizens and businesses to act, and I think we've proven that."

HRM residents pay $1.5 billion a year for energy and most of that money leaves the province because coal and oil need to be imported.

"That's $1 billion worth of the wealth leaving this community," she said.

Donovan described several projects HRM initiated to decrease energy demands. Among them was a geothermal field in Dartmouth, LED traffic light conversions, retrofits to municipal buildings, and devices HRM bought to save power in vending machines.

"We're finding in our travels that solar is getting the least hype."
DAVID ANGUS, QUEBEC SENATOR

But the initiative that seemed to garner the most attention from the senate panel was HRM's solar-panel projects.

The municipality recently installed 60 panels on the roof of the Halifax Regional Police building on Gottingen Street which will also pipe energy to the Centennial Pool across the street.

And Donovan said 1,600 residents have signed up for the community solar project which facilitates the installation of solar panels on homes.

Loan guarantee said to lower rates

RYAN TAPLIN/METRO



▶ Premier Darrell Dexter

The major private partner in the proposed Lower Churchill hydroelectric project says a loan guarantee from the federal government would lead to savings for ratepayers.

The president of Nova Scotia Power told a Senate committee on energy yesterday his company doesn't stand to benefit commercially from a loan guarantee for the $6.2-billion project.

"From a commercial point of view our company does not stand to win or lose or gain anything from loan guarantees," said Rob Bennett.

But Bennett said customers would ultimately see lower rates through a loan guarantee because it would reduce borrowing costs on financing for the project.

Earlier, Premier Darrell Dexter told the committee that the borrowing rate for Ottawa is much lower than it would be for Nova Scotia, which is grappling with a debt of more than $13 billion. **THE CANADIAN PRESS**

HOUSE OF ASSEMBLY

Session to resume at end of the month

The Nova Scotia House of Assembly will resume at the end of the month.

The Speaker's Office announced yesterday that the second session of the 61st assembly will be prorogued on March 31. The third session will begin later in the day with Lt.-Gov Mayann Francis delivering the speech from the throne.

The house has been adjourned since Jan. 19, when it briefly reconvened to install Gordie Gosse as the Speaker and Becky Kent as deputy speaker. It had previously been adjourned since December 10, 2010.

The spring budget is expected soon after the house resumes. Last year, Finance Minister Graham Steele introduced the budget on April 6.

METRO

Energy savings possible: Group

Nova Scotians can save enough electricity to power an additional 26,000 average homes in 2012, according to Efficiency Nova Scotia.

The independent corporation revealed its new Electricity Conservation and Efficiency Plan yesterday, which outlines a 50 per cent increase in electricity savings compared to the 2011 plan.

"We've come close to keeping the cost at 2011 levels while substantially increasing the savings for 2012," said Allan Crandlemire, interim CEO of Efficiency Nova Scotia.

The 2012 budget increase of $1.7 million could mean an additional 50 cents per month for residential electricity customers.

Crandlemire said a new feature will be a home-energy report, which will be sent to homeowners identifying how their energy use compares with that of their neighbours. The Nova Scotia Utility and Review Board will decide approval of the plan and will hold a public hearing at their office April 18.

"This is a game of small steps on an individual basis that added up across all of Nova Scotia makes for big savings," Crandlemire said. **KRISTIE PEARCE**

Power down

- Convert light bulbs to compact fluorescent lightbulbs.
- Set back your thermostat overnight and while you're away from home.
- Turn off lights.
- Use power bars.

News in brief

RYAN TAPLIN/METRO



▶ Trevor Zinck

Beset MLA's house sold

The house of independent MLA Trevor Zinck was sold yesterday at a foreclosure action for $150,000.

The CBC is reporting the house at 10 Sea King Dr. was purchased by Credit Union Atlantic.

Zinck, along with former MLAs Richard Hurlburt, David Wilson and Russell MacKinnon, faces numerous charges in relation to an RCMP probe into their expenses.

Zinck is charged with breach of public trust, fraud over $5,000 and theft over $5,000.

METRO

No injuries in house fire

No one was inside when a home was destroyed by fire yesterday in East Stewiacke.

The Canadian Red Cross says nine people were living inside the home, including a family of five. All nine people are now staying with relatives.

METRO

Officials laud big gains from Games

- Team N.L. was the last to leave Halifax at 1:30 a.m. yesterday
- Cauldron will be heading to Sherbrooke, Que. for 2013 Summer Games

Numbers aren't solid yet, but it looks like the Canada Winter Games slid at least $125 million into Halifax's pocket.

Games CEO Chris Morrissey said they're conducting a post-Games economic study that will take about three months to complete.

"But we still believe (the economic impact) will be $125 million-plus," he said.

Paul MacKinnon, executive director of the Downtown Halifax Business Commission, said they're doing their own survey of business owners to see what they thought of the activity generated from the Games.

"There's no question it was a huge economic impact, just looking at the number of people who wouldn't otherwise have been here for two weeks," he said.

"There are some tradeoffs because with the two-week holiday (from school), a lot of workers who would normally be downtown were away."

But overall, MacKinnon said he would welcome another similar event — especially in the off-season.

"Everything is jampacked into the summer so these kinds of events that happen at times that are traditionally very slow are ideal, both for retail, restaurants and hotels. If we can pull off more winter events, I think that's great."

MacKinnon added that the Games showed people they don't need to hibernate all winter.

"To think about having a two-week concert series in the middle of winter would otherwise seem like a crazy idea, but it was packed there."

JENNIFER TAPLIN

Early feedback

- The commission's preliminary survey results found about half of businesses saw an increase during the Games, but about a quarter saw declines because of the two-week school break.
- Downtown business owners overwhelmingly agreed in the survey the Games were worthwhile.

'WE'RE TAKING DOWN EVERYTHING'

Crews were in dismantle mode around the city yesterday.

"There's a lot of decommissioning going on," said Games CEO Chris Morrissey. "We're taking down everything from bleachers, scaffolding, and getting the venues turned back to the venue operators."

As for the materials, some of them will be used for future Games and some of them will be left behind as part of the Games' legacy.

"It's making sure people get back to business right now," Morrissey said.

JENNIFER TAPLIN

RYAN TAPLIN/METRO



▶ Nova Scotia hockey players and fans celebrate a goal at the Canada Winter Games last month.

on the hou$e

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Emerging leaders to converge in Halifax

After the success of the 2011 Canada Winter Games, Halifax has learned it will host yet another prominent event, this one political.

In June 2012 the city will host the opening of the Governor General's Canadian Leadership Conference, it was announced yesterday.

"It's an opportunity for this province to sort of demonstrate to people once again, as we just did in our Canada Games, the great hospitality and what a fantastic place this is to visit and see," said Shawn Fuller, director of communications at the premier's office.

The conference, which is held every four years, unites 230 emerging Canadian leaders, chosen by application, from business, labour, government and non-government organizations, education and the cultural sector.



"It's really a thrill of a lifetime to do this. I'm just delighted to show off this part of the country to the rest of the country and to the world."
ANNETTE VERSCHUREN, CONFERENCE CHAIR

Annette Verschuren will chair the conference, becoming the first woman to lead the event since it began in 1983.

"It's the first time the opening ceremony has been held in Eastern Canada," said Verschuren, former president of Home Depot Canada. "So it's a great opportunity to show off the wonderful maritime culture."

Local and international leaders from various backgrounds will speak at the three-day event, she said, beginning June 1.

Afterwards, conference members will travel across Canada to learn about sustainable communities and build leadership skills.

KRISTIE PEARCE

Flood warnings issued

Forecast

- The heaviest rains were supposed to fall late last evening in HRM. Showers are in the forecast for this morning, with clearing skies in the afternoon.

An Environment Canada forecast that called for heavy rainfall in parts of the Atlantic region prompted emergency officials in Nova Scotia to issue flood warnings late yesterday.

They say water levels in many parts of the province are already high and as much as an additional 30 millimetres of rainfall were expected with this latest system.

A release suggested that people living in low-lying and flood-prone areas take precautions and monitor local conditions.

The latest storm prompted school closures across New Brunswick.

Most of the rain — 25 mm and higher — was expected to fall on Atlantic coastal areas between Yarmouth and Cape Breton. THE CANADIAN PRESS

Authorities probe use of mothers' milk

London café takes a licking over ice cream made with breast milk
Officials have health concerns

U.K. government officials said yesterday they have confiscated ice cream made with human breast milk from a London shop amid concerns it is unsafe.

A spokeswoman from Westminster City Council said it was responding to two complaints from the public over whether a shop should be selling edibles made from other people's bodily fluids. It was also awaiting guidance from Britain's Food Standards Agency.

Viruses, including hepatitis, can be passed on through breast milk. The company has said that the milk was screened.

THE ASSOCIATED PRESS

The scoop

The Icecreamists café marketed the ice cream as "Baby Gaga."

- **Donated milk**
 The company said the breast milk came from women who responded to an online ad.
- **Freshly made**
 After being screened, the milk was pasteurized and churned with vanilla pods and lemon zest.
- **The reaction**
 The company said it had a "huge response" and sold out on the day of its launch.

METRO WORLD NEWS



▶ A woman leaves The Icecreamists café in London, where the breast milk ice cream was sold.

Women winning in provincial politics

Women in federal politics might be looking longingly to the provinces these days where female politicians are filling up the top jobs.

There are more than a dozen women leading provincial parties or vying for the leadership across the country, compared with the single woman in a federal leadership role — the Green Party's Elizabeth May.

British Columbia's Christy Clark, soon to be sworn in as Liberal premier, is just one of an unprecedented number of women who have ascended to leadership positions.

Ontario NDP Leader Andrea Horwath says the more women get into leadership positions, the more women will follow in their footsteps.

"I think it will be nice. It will be long past due time when we see a first-ministers conference happening across this country and it won't be all men in suits — it'll be women in suits, too," Horwath said.

So what's with all the women in provincial politics? Olive Crane, P.E.I's Progressive Conservative leader, says women are using social networking effectively to reach voters and get their policies across. But more important, voters are often familiar with the work women have done before coming to politics.

Nancy Peckford, executive director of Equal Voice, says she hopes this latest wave of women in leadership could be a "tipping point."

"The next six months will tell the tale of whether their leadership sticks, and can they manage to keep the support."

THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS



▶ Christy Clark waves after being elected B.C. Liberal leader.

Power women

More than a dozen women are leading provincial parties or vying for the job.

- **Female party leaders**
 They're in Yukon, B.C., Alberta, Ontario, Quebec and Newfoundland and Labrador.
- **P.E.I. led the way**
 Catherine Callbeck was the first elected female premier in Canada.

Cops nab cab thief who called 911

A suspected taxi thief in Calgary faces charges after drawing unwanted attention with a 911 call.

Police say a cab driver was assaulted early yesterday by a customer who then stole the taxi.

About three hours later, a call for help came in from the cab's cellphone.

Police say the caller had been involved in a traffic accident and needed assistance.

Officers were able to locate the taxi and the caller southwest of Calgary.

The taxi driver was not seriously hurt.

THE CANADIAN PRESS

Immigrant integration improves

Canada is doing a better job than previously in integrating immigrants, a major international study says. The country's ranking has moved up by two notches to third place, behind Sweden and Portugal, among 31 countries.

The study was published yesterday by the British Council and the Migration Policy Group.

It attributes Canada's rise in the Migration Integration Policy Index largely to government efforts to recognize the credentials of foreign-trained professionals.

The study shows that while Canada has some of the strongest policies in place to ensure the integration of immigrants, there are still areas it can improve and learn from others.

THE CANADIAN PRESS

Senior found in cold garage

A Toronto woman was in critical condition yesterday after being found frostbitten and unconscious in a frigid, smelly garage, where police allege her son and daughter-in-law had kept her for several months.

Police said they were puzzled as to why the couple, who remained in custody on charges related to the case, had moved the 68-year-old woman from their east-end home into the attached garage.

Investigators said the woman, whose name was not released, was sleeping on a makeshift plywood bed, with only a small vent supplying a tiny bit of heat. THE CANADIAN PRESS

News in brief



Photogs focus on leadership

BAHRAIN. Photographers demonstrated yesterday in Manama, demanding the information minister resign and condemning state-run Bahrain TV for airing what they claim are fake images aimed at misleading the public.

Protesters escalated pressure on the nation's embattled monarchy.

THE ASSOCIATED PRESS

Protesters set store ablaze

OMAN. Protesters set a supermarket ablaze and rallied at two places in the seaside town of Sohar, about 120 miles northwest of the capital of Muscat yesterday in a third consecutive day of unrest that has included deadly clashes in the strategic Gulf nation.

Oman, ruled by a powerful family dynasty, marks the latest flashpoint in the Arab world's challenges to authority.

THE ASSOCIATED PRESS

Britain open to military force

LONDON. Prime Minister David Cameron said Britain is working with its allies on a plan to establish a military no-fly zone over Libya.

Cameron did not say whether that meant the U.K. or its allies were moving to ban Libyan aircraft from flying immediately or simply making plans in case the situation there escalated.

But he told British lawmakers yesterday that he did not "in any way" rule out the use of military force. THE ASSOCIATED PRESS

Try leader in court: Canada

Government hopes sanctions will force Moammar Gadhafi out Libyan leader's assets here are frozen

Canada says Moammar Gadhafi should be hauled before the International Criminal Court to answer for attacking his own people.

The call by Foreign Affairs Minister Lawrence Cannon yesterday came as the Libyan Embassy in Ottawa abandoned Gadhafi and pledged its "utter solidarity" with the pro-democracy uprising.

"We would obviously be in agreement — total agreement — with any resolution that came forward that would bring Gadhafi to the authority of the international court," Cannon said at a UN Human Rights Council meeting in Geneva.

He spoke after the chief prosecutor of the International Criminal Court raised the possibility that attacks on civilians by forces loyal to Gadhafi could result in the Libyan strongman facing charges of crimes against humanity.

ISABELLA BONOTTO/THE ASSOCIATED PRESS



▶ Foregin Affairs Minister Lawrence Cannon

The Harper government said it hopes economic sanctions against Libya will force Gadhafi from power quickly. Government House leader John Baird tabled documents in Parliament yesterday to implement sanctions against what he called the "appalling" regime in Tripoli.

THE CANADIAN PRESS

Mubarak's wife, son grounded in Egypt

Airport officials say authorities prevented the wife and son of ousted leader Hosni Mubarak from flying out of the Red Sea resort of Sharm el-Sheikh hours before authorities banned the Mubarak family from travelling abroad.

The officials said yesterday that Mubarak's wife Suzanne and younger son Gamal tried to board a private jet Sunday at the airport in Sharm el-Sheikh, where they have been staying since Mubarak stepped down Feb. 11.

Authorities told them they cannot leave without special permission.

Yesterday, Egypt's top prosecutor seized all the funds of Mubarak and his family and banned them from travelling abroad.

It was not clear whether the ban was issued because they tried to leave.

THE ASSOCIATED PRESS

Female journalists at risk in hot spots

The sexual assault on CBS correspondent Lara Logan in Egypt has trained a spotlight on the danger — ever-present but little-discussed — facing female journalists in zones of upheaval.

Complicating matters, some say, is a fear that employers will shut them out of choice assignments if they draw attention to the problem.

Female journalists say the threat of sexual violence is commonplace in the world's trouble spots, where the combination of conflict and conservative cultural norms often creates a tense and unpleasant working environment.

Trouble can begin with a grope and deteriorate into physical assault or worse.

On Feb. 11, Logan was sexually assaulted and beaten on the final night of the 18-day revolt.

Travelling alone anywhere makes a woman vulnerable to attack.

Many female journalists see plenty of threats in large groups, where men can molest women without easily being identified and are emboldened by seeing others do it.

THE ASSOCIATED PRESS



Heat is on for Libya to give Gadhafi the boot

International pressure on Moammar Gadhafi to end his crackdown on opponents escalated yesterday as his loyalists closed in on rebel-held cities nearest the capital.

The U.S. moved naval and air forces closer to Libya and said all options were open, including the use of warplanes to patrol the North African nation's skies and protect citizens threatened by their leader.

France said it would fly aid to the opposition-controlled eastern half of the country.

"Gadhafi has lost the legitimacy to govern, and it is time for him to go without further violence or delay," U.S. Secretary of State Hillary Rodham Clinton said. "No option is off the table. That, of course, includes a no-fly zone," she added.

HUSSEIN MALLA/THE ASSOCIATED PRESS



▶ A Libyan boy sits in front of a mural in Benghazi.

The uprising that began Feb. 15 has posed most serious challenge to Gadhafi in his more than four decades in power. His bloody crackdown has left hundreds, and perhaps thousands, dead.

Gadhafi, who in the past two weeks has launched the most brutal crackdown of any Arab regime facing a wave of popular uprisings, laughed off a question from ABC News about whether he would step down as the Obama administration demands. "My people love me. They would die for me," he said.

THE ASSOCIATED PRESS

Yemen revolt goes on

Yemen's president offered yesterday to form a unity government with opponents — provided protests against him stop. The opposition swiftly rejected the gesture.

President Ali Abdullah Saleh's latest overture comes a day before opponents were to stage "a day of rage" around the country to push for his ouster.

THE ASSOCIATED PRESS

2013

President Ali Abdullah Saleh, who has been in power 32 years, has promised to step down after national elections in 2013, but this has not stopped the protests.

THE EVOLUTION OF SIBLING RIVALRIES

She says ...

JESSICA NAPIER



When I was a child I longed for a sister. A genetically identical comrade who would share my love of pink party dresses and understand Barbie and Ken's tumultuous make-believe romance.

Instead, I got a younger brother. He didn't want to play with my Barbie dolls; he was far more interested in decapitating them.

James — yes, we're one of those unfortunate pairs whose parents thought it would be cute to give us names that start with the same initial — was not a pretty playmate. He was a gross, annoying brat who kicked the back of my chair on road trips. A basement-dwelling creature who only emerged from his room to forage for food and roll his eyes at my high school awkwardness.

Of course, I was no angel. In any juvenile brother-sister dynamic it takes two to torment — and I had a smug first-born complex and a seriously bossy attitude.

Does any of this sound a bit familiar?

Unless you're an only child, in which case you probably have your own issues, I'll bet you have countless stories involving an insufferable brother or sister.

Siblings, it seems, are in constant competition for their parents' attention and acclaim. Inevitably, comparisons are drawn and children strive to live up to the labels they've been given — the "pretty one," the "smart one" and, of course, "the favourite."

"As siblings mature they do the unthinkable — they start to enjoy each other's company."

However, time goes on and the teasing and bickering starts to dissipate. As siblings mature they do the unthinkable — they start to enjoy each other's company. At some point we stop seeing them as our bratty little brothers and spiteful older sisters and we start thinking of them as adults.

Somewhere between the end of high school and our 20-something years, my brother and I called a truce; rivalry gave way to revelry and, eventually, we became friends. Yes, it turns out that my unbearable kid brother is actually terribly witty and pretty fun to be around, as long as we're not living under the same roof.

Occasionally, we regress — falling back into that childhood dynamic around the big family holidays, when stress levels are high and there's never enough wine on hand — but we've tamed our childish tendencies for the most part. And even though he still rolls his eyes at me from time to time, I've come to realize that I really do love him — like a brother, in fact.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Camera 'traps' rare rhinos

Worth mentioning

Four of the world's most rare rhinoceroses were captured by camera traps installed in an Indonesian national park, an environmental group said yesterday.

The footage from movement-triggered hidden cameras showed two mother Javan rhinos and two calves in Ujung Kulon National Park in November and December last year, said a release from the WWF-Indonesia.

Javan rhinos are one of the world's most endangered species, with an estimated population of no more than 50 in Ujung Kulon. A few others live in Vietnam's Cat Tien National Park.

Endangered

WWF-INDONESIA AND UJUNG KULON NATIONAL PARK AUTHORITY/THE ASSOCIATED PRESS



"This is good news to ensure that the population is viable," said Adhi Hariyadi, WWF project leader in the park.

The national park's chief, Agus Priambudi, said the footage provided substantial information about population dynamics of Javan rhinos, as well as feedback about survey and monitoring systems of the survival of endangered species.

Rhino numbers in Indonesia over the past 50 years have been decimated by rampant poaching for horns — used in traditional Chinese medicines — and destruction of forests by farmers, illegal loggers and palm-oil plantation companies.

THE ASSOCIATED PRESS

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Metro Minute with Melissa Etheridge

Singer-songwriter Melissa Etheridge is taking the Halifax Metro Centre stage tomorrow night. The solo rock artist is on her Canada-wide tour to support her latest album, Fearless Love. Halifax is the first of several gigs in Atlantic Canada.

The popular album made a top-10 debut on the Billboard Top 200 United States album charts.

The concert begins at 8 p.m. and will feature Canadian singer-songwriter Serena Ryder as the opening act. Tickets still remain for the show and cost between $70.50 and $75.50.

Tickets are available through all Ticket Atlantic outlets, online at ticketatlantic.com or by phone at 451-1221. METRO

CONTRIBUTED



▶ Melissa Etheridge will play the Halifax Metro Centre tomorrow night. Tickets are still available.

Metro expanding to two new cities

Metro Canada will launch newspapers in London, Ont., and Winnipeg on April 4. The new editions join seven other Canadian cities and more than 100 major centres around the world.

"It is exciting to see the demand for Metro continue to grow with both readers and advertising partners," Bill McDonald, president and publisher of Metro English Canada, said yesterday.

Metro reaches 1.4 million daily readers across Canada.

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Surging GDP augurs well for 2011: Analysts

- December alone saw growth spurt of 0.5 per cent
- Pre-tax corporate profits came in at 41 per cent

Canada's economy was surprisingly hot at the end of last year, setting the stage for a fast start in 2011 that bodes well for jobs.

The economy grew 3.3 per cent in the last quarter of 2010, a full point stronger than the Bank of Canada had predicted.

Adding to the good news, Statistics Canada revised the results of the third quarter upwards to 1.8 per cent from one per cent, meaning the country finished the year with an overall 3.1 per cent increase in gross domestic product.

"On balance, this report stands up to careful scrutiny in signalling greater-than-expected breadth of growth in the Canadian economy," said Derek Holt, vice-president of economics with Scotia Capital.

1

The Bank of Canada set the interest rate at one per cent in September, but the economy's strong showing could spur the bank to raise it.

There were three main ingredients to the strong quarter. Exports surged 17 per cent annualized, helping to bring along manufacturing, which surprised on the upside, and consumer spending, which jumped 4.9 per cent.

Bank of Montreal economist Douglas Porter said the strong hand-off means the first quarter of this year should come in even better, at about 3.5 per cent. Porter and others project growth of over three per cent for all of 2011, well above the Bank of Canada's 2.4 call.

But there were downside surprises in the GDP report. Inventory buildup fell, unusual during a recovery, and business investment in new equipment was flat. THE CANADIAN PRESS

Hot. Brand



▶ Mike and Andy Priestman show off some of Nice PKG's snazzy gadget wrappers at their Concord, Ont., office, while dogs Titus and Stewart look on.

ANDREW WALLACE/TORSTAR NEWS SERVICE

Nice work if you can get it

As Mike and Andy Priestman have proven, the words "stylish" and "digital" needn't be mutually exclusive. The brothers founded Nice PKG, billed as a "purveyor of fine digital accessories," in 2009. Since then they've built a $1-million company by wrapping up laptops, phones and other tech gear in natty bags, sleeves and cases.



Meet 'face of bankruptcy'

The average Canadian who files for bankruptcy owes $59,800, not counting a mortgage, and is a 41-year-old married man with four credit cards, says a report by an Ontario bankruptcy trustee. The information, released yesterday by Hoyes Michalos & Associates, says the amount owed by the average bankruptcy filer is about three and a half times more than the debt level of the average Canadian.

The report, titled Joe Debtor: The Face Of Bankruptcy, is based on an analysis of 8,000 insolvency filings handled by Hoyes Michalos in 2009 and 2010. It takes aim at the assumption that people who file for bankruptcy are unemployed. In fact, the average insolvent person is working and earns close to the Canadian average of $2,419 a month.

However, between 2008 and 2010, their average debt rose 17 per cent. The largest increase was in credit card debt, which grew by about one-third.

The report says the economic downturn combined with job loss or income reduction has forced more families to rely on credit to pay their bills. There has also been a rise in the number of people older than 55 who are snowed under by debt. On average, these debtors owed about $74,000 in unsecured debt, including credit card debt of $37,000. Their average take-home pay was $2,133, well below the Canadian average.

TORSTAR NEWS SERVICE

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 84.37 (14,136.50)	+ 0.76¢ (102.94¢ US)

Oil	Natural gas
– $0.91 US ($96.97 US)	1,000 cu ft $4.037 US (+ 3.2¢ US) Gold contracts $1,409.90 US (+ $0.60 US)

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▶ Ken Finkleman, left, best known for his work on The Newsroom, is back with a new comedy series Good Dog, which debuts Sunday on HBO Canada.

Finkleman looks for truth in Good Dog

- Creator of The Newsroom gets back to his neurotic self in new comedy
- Satirist inspired by daily life and taking simple situations to the extreme

STEVE GOW
SCENE@METRONEWS.CA

If there's one thing you can say about the star and creator of award-winning TV series The Newsroom, it's that Ken Finkleman has been ahead of his time. And now the mind behind that acclaimed satire is finally back to form with Good Dog.

"What influenced (this series) is simply my daily life," said Finkleman about the show that will debut Sunday on HBO Canada. "Something small happens and then the character tries to either take advantage of that or cure that ... and in meddling with (it), you get into trouble."

If that sounds Curb Your Enthusiasm-esque, don't be surprised to find the pilot episode addressing that issue. Besides, The Newsroom made its debut in 1996 so some may argue that Finkleman's neurotic archetype preceded Curb's Larry David — a character that Finkleman might have a tough time separating from his own off-screen psyche.

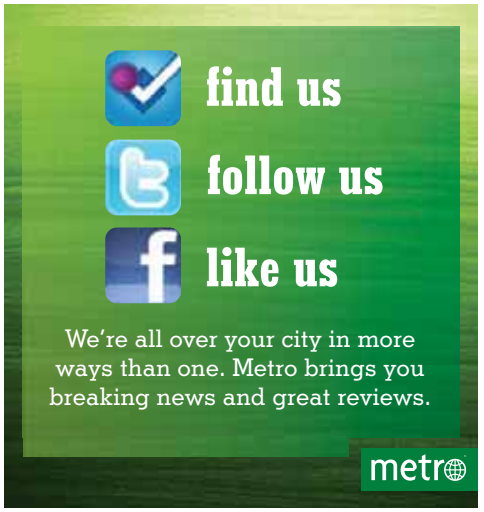
"Everything I do is in search of some kind of truth and ... it's stuff that goes through my head that I might not act on," explained Finkleman. "(But) you let it out in a comic format and maybe you find some kind of truth and so you could, for lack of a better word, call it the id."

While Finkleman denies enjoying much about the process of writing (or filming for that matter), he does concoct some comical situations involving a compulsive, older man dating a "trophy girlfriend." And while he has devised a clever series, the pain of the art is definitely not lost on the artist — as explained with a simple analogy.

"My ex-wife is a judge and I think she likes it very much," said Finkleman. "But guys have to gun other people down before she can enjoy her work."

Quotes

- **What inspires Ken Finkleman's work:** "I just don't want to be a useless person hanging out doing nothing all day — it would be embarrassing and if people found out you'd have a hard time trying to hold your head up."
- **Finkleman on why his characters are all named George:** "(It's) the same guy moving from one series to the next and also kind of falls into the same traps. (Which is the) comic trap from The Honeymooners, where his reach exceeds his grasp."





2 scene

Scene in brief



NBC says Miley Cyrus will be making her first appearance as guest host of Saturday Night Live this week.

The network said yesterday that the multiplatinum-selling singer will be joined by musical guests The Strokes.

A week later on March 12, Zach Galifianakis makes his return visit to SNL as guest host with musical guest Jessie J.

Galifianakis stars on the HBO comedy series Bored to Death. He has just finished filming The Hangover 2.

THE ASSOCIATED PRESS

Nelly Furtado, who was paid $1 million to perform for Gadhafi clan, says she will donate money. Scan code for the story.

Ci Ci and Ri Ri beef, makeup

After Ciara made some not-so-nice comments to Joan Rivers about Rihanna during an interview, a war of words broke out on Twitter between the two young singers.

"She wasn't the nicest in the world," Ciara said of the Barbados-born songstress when asked about meeting her.

But just as quickly, Rihanna and Ciara have made up, with Rihanna tweeting, "Ciara baby, I love [you] girl! [You] hurt my feelings real bad on TV! I'm heartbroken! That's [why] I retaliated this way! So sorry." METRO


Ciara

Lohan to pose nude: Report

While struggling for a comeback between court appearances, Lindsay Lohan has reportedly signed a $3 million deal to pose nude for a new book by photographer Terry Richardson, according to the Daily Mirror.

"Lindsay is struggling to get another break in Hollywood. There's a stigma attached to working with her and she is determined to change this — starting with the photographic book," a source tells the newspaper.

"Terry Richardson has persuaded Lindsay and James (Franco) to get involved. He has assured them it will be provocative but tasteful. There will be a lot of nakedness — some of it graphic and suggestive — but it will be a real statement book." METRO

PAUL BUCK-POOL/GETTY IMAGES


▶ Lindsay Lohan

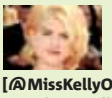
Celebrity tweets



Elijah Wood [@wood-elijah] i love eggs. i love them on pizza, scrambled, poached, fried, steamed, green, sunny side up, over rice, on a burger...



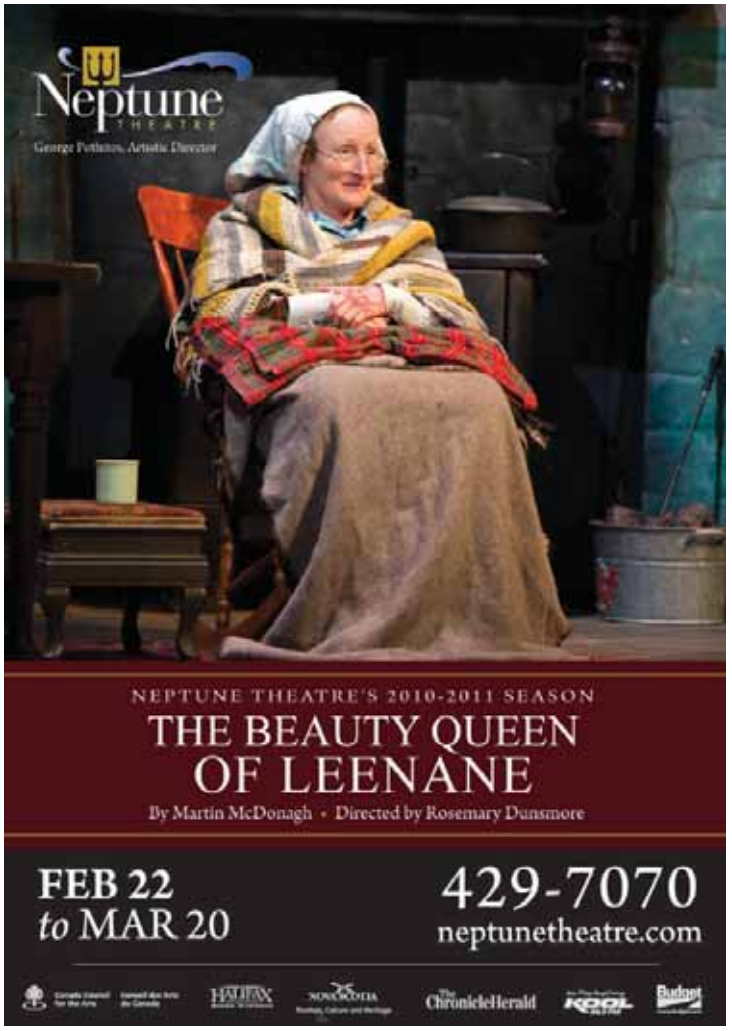
Kanye West [@kanyewest] Don't ever try to sell me on anything. Give me ALL the information and I'll make my own decisions.

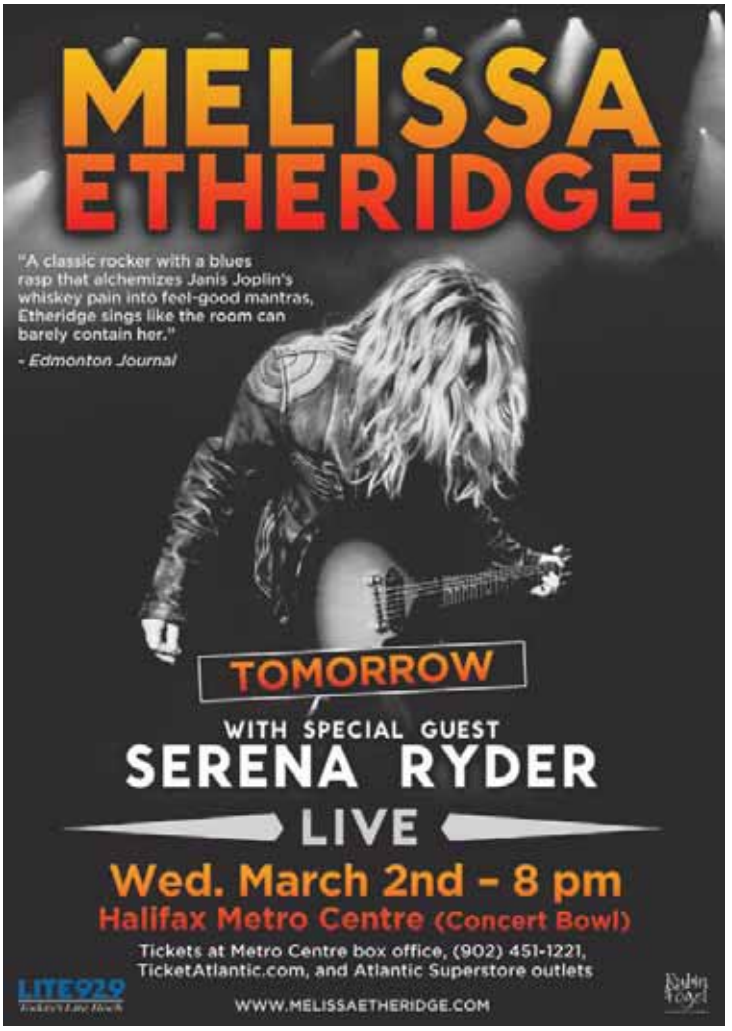


Kelly Osbourne [@MissKellyO] My mum keep yelling brixton ya can't take a lady away from her roots!!!!



Steve Martin [@SteveMartinToGo] Home from the Oscars. I enjoyed working with Anne Hathaway. Never knew she was Shakespeare's wife. METRO





GLADSTONE DENTAL CELEBRATES GRAND RE-OPENING!

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GLADSTONE DENTAL FOCUSED ON PATIENT CARE

EVERYONE TAKES A LOT OF PRIDE IN WHAT THEY DO

Like a lot of people, Linda Watts-Condon admits to a few nervous moments when the time rolls around to go to the dentist. "I've always been iffy about dentists," she says. "I don't know why. I've never had any problems, but I get nervous when I have work done on my teeth." Recently she even started having panic attacks in the dentist's chair.

That's one of the reasons she switched to Gladstone Dental Clinic two years ago. "I heard through the grapevine that Gladstone had a great staff," she says. "They have top of the line hygienists, great dentists and dental assistants. It was really true. My new dentist is so compassionate and understanding. She really puts me at ease."

Gladstone Dental Clinic has four dentists and four hygienists on staff. All of them garner high praise from patients. "I've never seen so many thank-you cards from patients about the great service they get here," says receptionist Keri MacNeil. "We get hundreds of them. It says a lot about the dedication and the professionalism of all of our staff."

Watts-Condon says everyone at the clinic makes her feel comfortable the moment she walks through the front door. "The girls at the front desk are so friendly. You can joke around with them, and they are all interested in what I'm doing. That means a lot."

"Our staff is like that," says MacNeil who has been working as a receptionist at Gladstone for two years and is now in the process of applying for dental hygiene at Dalhousie. "Everyone in our office is very kind and empathetic. It makes our patients a lot more comfortable to be in the dentist's chair. It's a great atmosphere to work in."

"We're very family focused here," says dental assistant Susan Gilbert "We like taking care of the whole family and the staff have got a lot of experience working with children. We offer all forms of sedation for children and we really take children's oral health seriously. It's important to educate children about looking after their teeth."

Linda Watts-Condon says that Gladstone has made a big difference for her own dental health. "They have a wonderful, dedicated team at Gladstone," she says. "Everyone takes a lot of pride in what they do. I can't say enough good things about them."

GLADSTONE DENTAL CLINIC

Gladstone Dental Clinic is located at 6155 North Street in Halifax, near the corner of Windsor Street and North Street.



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GREAT STAFF & STATE-OF-THE-ART TECHNOLOGY KEY TO GLADSTONE'S SUCCESS

Dentist Dr. Chris Uhlman and dental assistant Susan Gilbert are part of the clinical team at Gladstone Dental Clinic.

HEALTHY TEETH CAN HAVE A BIG EFFECT ON OVERALL HEALTH

As senior hygienist at Gladstone Dental Clinic, Tina Coolen takes her job very seriously. "I take it personally if my patients get cavities," she says. "If I do my job properly, they will be in my chair a lot more than in the dentist's chair."

Coolen isn't alone. Everyone at Gladstone Dental is patient-focused, and a big part of that focus is overall health.

"My job is to make sure they know how to take care of their teeth properly," says Coolen. "I talk to them about things like nutrition, fluoride, flossing, all aspects of healthy tooth care — so that they can make their teeth last a lifetime. We know now that healthy teeth can have a big effect on the overall health. I want all my patients to be 95 years old with all their teeth and good health."

"The mouth is very reflective of a person's overall health," says Dr. Chris Uhlman, one of four dentists practicing at Gladstone Dental Clinic. If the mouth is not healthy it can affect other parts of the body as well. I think people are starting to realize that, and it's an important part of our job here at Gladstone to get that message across."

"We're very focused on helping people," says Susan Gilbert, one of Gladstone's dental assistants. "I think everybody here really likes people and really cares about their healthcare."

"We switched to Gladstone last year and we're very happy with the clinic," says Cyril Boudreau. "The staff is great and they really take their patients needs seriously. Everybody keeps up with the latest techniques and technology. "

Gladstone's recent renovations, complete with new state-of-the-art technology, was completed to further improve the overall patient experience. The upgrades include new digital x-ray machines with low radiation levels and instant imaging. The floors are covered with the same sterile material used in hospitals, and the clinic has a new state-of-the-art sterilization area. The seven new operatories have two –way monitors so that a dentist can educate the patient, and the entire clinic is now paperless.

The technology has already paid off for the Boudreaus. "The new x-ray machine found some crowding in my seven-year-old son's teeth," says Cyril Boudreau. "It could have caused him problems later on if we didn't deal with it now. We never would have found it without the new technology."

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GLADSTONE DENTAL FOCUSES ON SERVICE



Gladstone Dental Clinic offers a full range of services for the comfort and convenience of patients — like convenient financing for long term or complicated treatment plans, and 24-hour emergency service. "We always have a dentist on call, even on Christmas day," says Dr. Chris Uhlman.

Rescheduling appointments isn't a problem either. Gladstone appreciates the fact that patients have busy lives and understand they they may need to reschedule from time to time.

As soon as patients enter the clinic they are offered refreshments including coffee and water, and the newly renovated waiting room features plenty of reading material. But the service doesn't end when patients leave. Every patient who's having difficulty with a tooth or who has had a major procedure will get a follow-up call from a clinician, in order to make sure they aren't having any ongoing problems.

And every patient gets a goodie bag when they leave, filled with dental floss, toothbrushes carefully selected for each patient's particular brushing needs, and new soft picks that make flossing easy.

Gladstone Dental's convenient hours are 8:00 to 8:00 on Monday, 8:00 to 6:00 on Tuesday through Thursday and 8:00 to 4:00 on Friday.

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3 life

Daily Squeeze



Larry Track, a leading fitness trainer, owner of Track Fitness in Toronto and a contributing expert at DailySqueeze.ca gives his advice on how trends come and go, but which ones can you trust? Read his five "rules" you shouldn't second-guess and why at metronews.ca.

METRO

The American Academy of Pediatrics wants teenagers banned from tanning salons to reduce their risk of skin cancer.

Weighing the future of video game fitness

Metro's Heather Buchan is put through the paces of both the real world and virtual workouts

HEATHER BUCHAN
LIFE@METRONEWS.CA

Two weeks after embarking on a quest to determine whether Ubisoft's Your Shape Fitness Evolved for Xbox Kinect — a fitness-simulation program that displays your image on the TV screen and tracks your movements in real time while you follow a virtual personal trainer — will negate the need for gym memberships in the future, my verdict is in.

And the answer is no.

Despite Your Shape's advanced technology — a Kinect sensor measures your height and limbs and then projects a digital image of you, albeit not a very flattering one, on the screen as you work out — it can't compete with the experience and results of working out at the gym with a trainer.

For starters, Your Shape doesn't gauge your level of fitness, strength and flexibility as effectively as a real personal trainer can. To develop your profile, the game asks a few standard questions — age, weight, gender and lifestyle — whereas at the gym, I underwent a full hour of initial testing in order for the trainer to precisely capture my fitness level.

Although Your Shape offers a good variety of cardio, sculpting and toning classes, working out in my basement in front of the TV just can't substitute having a real trainer continually motivating me to bend deeper, push harder or do one more rep.

JOHN R. KENNEDY/FOR METRO



▶ Heather Buchan worked out with a trainer and Ubisoft's Your Shape Fitness Evolved to weigh the differences.



In fact, I began to feel somewhat like a robot in front of the TV screen, whereas during my one-on-one sessions at Toronto's Pure Fitness, certified personal trainer and registered dietician Nanci S. Guest continually pointed out, when I was ready to give up, that the last rep should be hard to finish; that's when you know you're creating change in your body.

Half the battle of working out is mental, after all, and it certainly helps to have someone right beside you pushing you the entire way through.

Nanci also asked me to keep a food diary, recording everything I put into my mouth for one week.

I automatically became more careful of portion sizes and unhealthy foods I was consuming when I had to actually track it all.

Having a personal trainer at the gym also kept monotony at bay.

No two sessions were alike. Nanci would constantly change up the sets, reps, weight and exercises, which kept my interest but also provided results, since muscles burn more calories when they're being challenged with something new and unfamiliar.

On the upside, Your Shape, allowed me to work out in the convenience of my home when my baby was napping, without having to organize babysitting.

However, if you're not fitness inclined, Your Shape certainly won't motivate you to get off your couch.

I see it more as a supplement to the gym for fitness buffs, but certainly not a replacement.

In the end, those last 12 post-baby pounds still loom, but I feel stronger and have more stamina after two weeks of working out with Nanci and Your Shape.

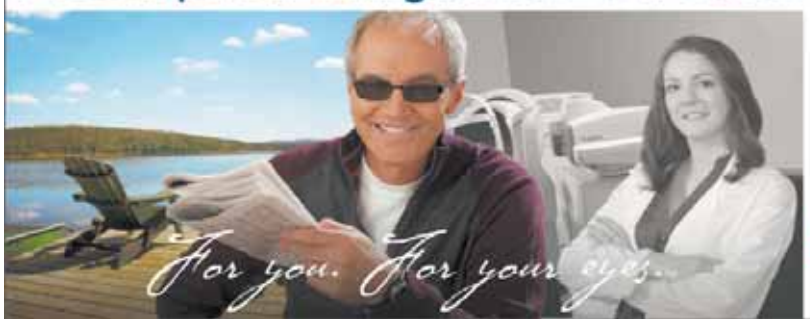
The road to post-partum weight loss may be longer than I anticipated, but the end is now in sight.

Follow her

Look back on Heather's adventure online.

Web You can read all of Heather's adventure through the world of video game fitness on metronews.ca.

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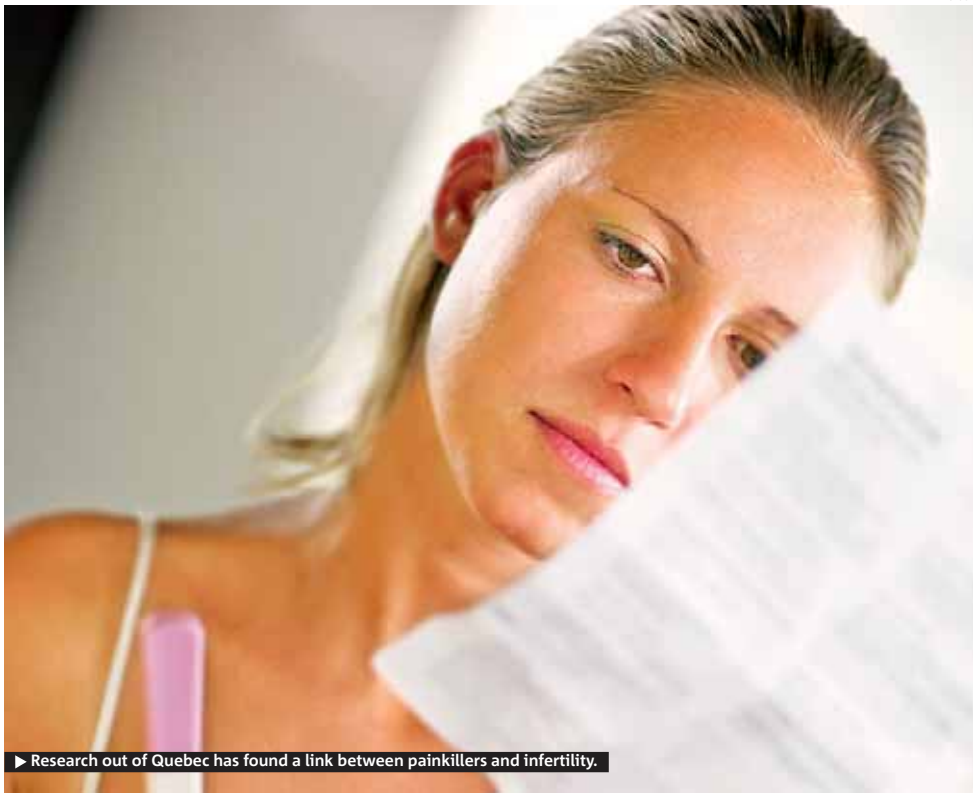
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The pain of infertility

New research out of Quebec has found a link between painkillers and conception issues

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK



▶ Research out of Quebec has found a link between painkillers and infertility.

Over-the-counter painkillers could be keeping you from conceiving.

Millions of women reach for Aspirin, Advil or Anaprox when they have aches and pains, including menstrual pain. But taking these pills on a regular basis may disturb the work of important chemicals responsible for reproduction, says Dr. Michel A. Fortier.

"Do not expect to become pregnant while taking these," says Fortier, a professor in the faculty of medicine at Laval University in Quebec City.

After many years of research, Fortier has found that a family of chemicals called prostaglandins are crucial for conception. Prostaglandins are hormones of fine tuning in various parts of the body.

They help inflammation, pain, fever and blood clotting, and protect the lining of the stomach from acid damage.

They also help control vascular pressure, uterine tone, and bone absorption. However, along with these benefits there are risks. NSAIDs (non-steroidal anti-inflammatory drugs) block the good prostaglandins that women need to conceive, says Fortier.

This scientific knowledge has been so recently linked that many doctors may not connect the two when a woman suffers from infertility.

"If your pain is not a threat, reduce your use of NSAIDs for sure if you want to be pregnant," he says.

Taking painkillers for one or two days to control menstrual pain is not likely to affect fertility, but taking them frequently over long periods of time may cause women to ovulate late, too late for her eggs to be fertilized.

However, don't fret. Fortier says that if you stop taking these drugs, the problem should reverse.

By the numbers

Here's what you need to know:

- **Percentages 7-9:** Estimated percentage of people in Canada who are infertile.
- **Rate 1.6:** Canada's fertility rate
- **Population 2.1:** Number needed to replace the population
- **Births 20:** Average age of first birth in 1986
- **A decade later 29:** Average age of first birth in 1996

Thoughts on... Rest

ADVICE At times, it can seem that life dictates we stay busy. The truth of the matter is that we need to build the appropriate amount of time to rest and renew into our days. Personally, I find that taking a break and resting is one of the best ways to become rejuvenated and productive.

However, many feel guilty about resting in the first place. Taking a rest doesn't mean you are lazy or wasting time.

No. It's something that our body and mind need. Therefore, the next time you are feeling fatigued, overwhelmed, stressed, or even frustrated — take a rest.

Give yourself permission to rest and enjoy. There's no substitute for rest — get plenty.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

Exercise can cut cancer

New research show regular exercise can cut down on risk of certain types of cancer. According to the World Cancer Research Fund (WCRF) being physically active can reduce rates of breast, stomach and colon cancer.

CELIA MILNE

Walking in her shoes

Ramona Braganza takes on CARE's latest challenge

METRO WORLD NEWS



▶ Ramona Braganza

Celebrity fitness trainer Ramona Braganza, best known for sculpting Hollywood bodies, including that of Jessica Alba and Halle Berry, recently has taken on her latest challenge: CARE Canada's Walk in Her Shoes.

Music is a walkers' best friend

As I keep training for Walk in Her Shoes, I'm finding that while I enjoy walking in silent meditation at times, I also really enjoy having my IPod with me.

I update and add to my playlist on a regular basis and right now I really love Lady Gaga and old school songs.

I also enjoy using the songs as interval training — alternating fast and slow songs can help me pick up, or slow down, the pace.

As a former NFL cheerleader (and having danced my whole life), music is a big part of everything I do.

Don't forget to warm up

A few quick warm-ups I do before each training session includes: neck-rolls, arm circles, quad stretches, leg swings and toe raises. Warming up gets the blood and oxygen to the muscles, preparing you for the start of an activity and preventing possible injuries.

The Fuel to Move

Whenever you plan to walk during your day make sure you are fuelled up first.

If you are planning to walk in the morning make sure you allow time to eat a little something half an hour before. Here are some easy suggestions: Yogurt, a protein bar or shake or some fruit like a banana.

Not only will these foods give you more energy but they will help jump-start your metabolism.

METRO

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Fabulous Fid never disappoints for lunch

This spot's imaginative menu and focus on sustainable food wins

LUNCH RUSH

VALERIE MANSOUR
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VALERIE MANSOUR



Unlike Pad Thai from other restaurants, the one from Fid doesn't disappoint.

A friend has arrived in town from Scotland and requests lunch at Fid.

Who am I to say no? I haven't been here in forever and it has been forever good, with its focus on sustainable foods and imaginative menus.

We sit at a window table and enjoy the natural light in the dining room.

I had stopped ordering Pad Thai in restaurants as it often disappoints, but this Pad Thai changes my mind. It has the requisite ingredients including noodles, bean sprouts, peanuts, shrimp and egg. Lots of fresh cilantro and lime, with a bit of a zing, bring out those wonderful Thai tastes.

My friend tries the Local Celery Root Salad with Terra Beata Farm dried cranberries, toasted mustard seeds and curry oil.

It's a beautiful presentation and tastes refreshing. The Thai Noodle Cake has a real bite and is loaded with flavour.

Lunching in Halifax doesn't get much better.

Fid Restro
1569 Dresden Row
442-9162
fidrestroca.
Price range: $$$
Rating: 5 out of 5

ISTOCK

Sausage and Rice Chili



Yields: 4-6
Prep time: 15 mins
Cook time: 20 mins

EMILY RICHARDS
FOOD@METRONEWS.CA

Preparation:

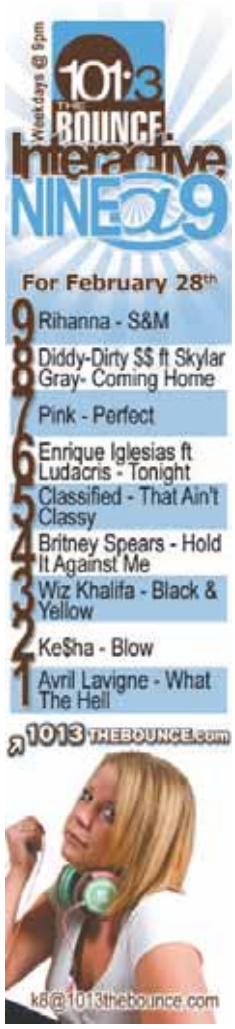
1. Remove casings from sausages. Cook in pot over medium high heat for about 5 minutes or until no longer pink.
2. Reduce heat to medium and add oil. Add onion, garlic, chilli powder and oregano and cook for about 5 minutes. Add rice and stir to coat. Add tomato sauce, chicken stock and water; bring to boil. Add beans, green pepper and pepper. Cover and simmer, stirring occasionally for about 15 minutes.

Ingredients:

- 3 mild Italian sausages (about 12 oz/375 g)
- 2 tsp (10 mL) olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tsp (10 mL) chilli powder
- 1 tsp (5 mL) dried oregano leaves
- 1 1/2 cups (375 mL) Italian style or arborio rice
- 2 cups (500 mL) marinara pasta sauce
- 2 cups (500 mL) chicken stock
- 1 cup (250 mL) water
- 1 can (19 oz/540 mL) red kidney beans, drained and rinsed
- 1 green pepper, chopped
- 1/4 tsp (1 mL) pepper

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.





Emeril dissects the originals

Emeril Lagasse, who knows something about longevity in the food world, will dissect the secrets of success of historic restaurants on a new television show.

Called The Originals, it will begin airing in May on the Cooking Channel.

"Everybody's doing something new, so I'm doing something old," he said. "I'm going to restaurants around the country that have been in business 50, 75, 100 years. Places that are still in business, and are doing it right."

One of the earliest stars launched by the Food Network, Lagasse sold the rights to his franchise of books, television shows and kitchen products to Martha Stewart Living Omnimedia Inc., in 2008.

After taking some time off, he's kept busy with a variety of projects: In addition to The Originals, Lagasse has a new cooking show in the works for the Hallmark Channel, a 16th cookbook coming out in the fall and "three projects on the drawing board" at his various restaurants.

Working for Stewart has been a "great journey," Lagasse said.

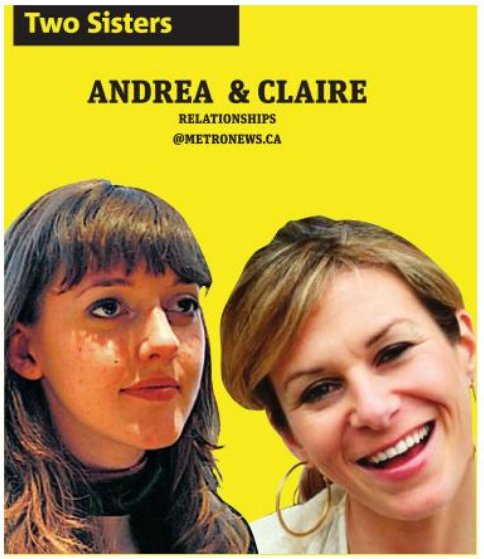
Though his new show will look at restaurants that opened decades ago, Lagasse said he doesn't spend much time reminiscing about his own past.

"I can't look back and say, 'That was great'. I've got to look forward and say, 'What's greater?'"

THE ASSOCIATED PRESS

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AFTER 7 YEARS, IT MAY BE TIME TO MOVE ON



I have been dating my boyfriend for almost seven years. We are both in our early 20s and have known each other since middle school. I'm debating if I should continue with him because it seems it is taking him too long to do couples things, such as travelling or anything special, with me. And we only do stuff on Valentine's Day if I plan something. He is going through this thing where he wants to be able to go out with his friends but he still wants me around. We are best friends but I don't know what to do. Do you think I'm wasting my time and should move on, or continue and wait to see what happens?

Andrea: Dear practically-married-to-high-school-sweetheart, I can assure you that the past seven years of your life haven't been a waste, but the next seven depend on you.

What are you waiting for? Last I checked, there isn't a magical-fairy-script writer who flies in and turns your relationship into a romantic comedy.

Relationships take work, and you have yours cut out for you.

You're the long-term girlfriend of a 20-something male, which means that you're about as exciting to him as a dental appointment.

For him to really feel motivated and treat you like a woman, you have to create the incentive.

Have you been acting more like a friend than a girlfriend? If so, try changing up your image to smoldering female.

Have you been compromising on your alone time together for the sake of his time with friends?

Stand up for yourself and your ideas.

If he's still unwilling to woo you every now and then, it's time to graduate to a guy who can.

Claire: Dear early 20s, One of the benefits of being a 30-something single mother who's lived around the world is wisdom. So here it is: you can't change his behaviour, so change yours.

Neglect him back and stop being so available.

Don't reach out in any way. If he gets in touch, answer him, but don't ask about him, or seek him out in any way. But don't do this out of anger or bitterness.

Reclaim the parts of your life he used to fill.

Do your own thing, make plans with your friends, and don't change your plans to fit him in when he does come crawling back (unless he's having a heart transplant).

You two have grown up together, so though it used to be OK to make him the centre of your world when you were teenagers, it's time to review your priorities and give more time to your dreams and your future.

If this doesn't work, then you've learned another valuable piece of painful wisdom: people don't (often) change.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

INTERNET LOVE: ONLINE ROMANCE PREVAILS AGAIN

Names: Thomas, 25, and Vanessa, 23

Current city: Dartmouth, N.S.

Together since: 2005

Their story:

I (Vanessa) first met Thomas in an online chat room when I was in my first year of high school.

I lived in Halifax and he lived in Oxford, N.S. — about three hours away.

We always talked about getting together and meeting but never did.

When I was in my second year of high school, Thomas moved out west and we stopped chatting.

We had no contact for four months, but then the day before I started grade 12, he happened to pop online and we started chatting again.

He told me he was in Halifax and wanted to get together to finally meet.

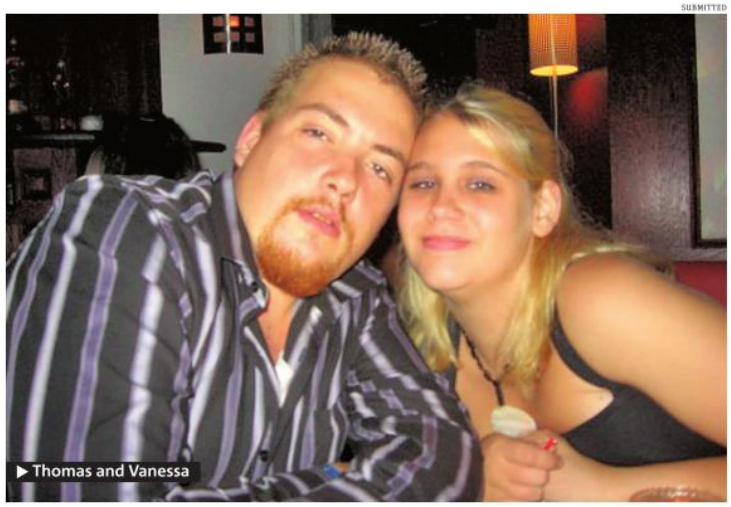
We agreed to get together for coffee the next morning before school.

We had seen each other's pictures, but had never actually seen one another in person.

I'm so glad I agreed to meet with Thomas that day — we sat and talked for three hours! Six years later, we are happily married and have two beautiful daughters.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

SUBMITTED



▶ Thomas and Vanessa



Ease into investing

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



So you've just topped up your RRSP, or if you've been a particularly good boy or girl you've been adding to it all year. Well done! And if you've just made your first ever RRSP contributions, congratulations!

If you haven't already received it you'll soon get a phone call, gently pressuring you to do something with the money (i.e. invest it in stocks or mutual funds).

If you've got your money sitting uninvested in an RRSP, especially the no-fee variety, the financial institution isn't making any money. Hence the pressure.

My advice is to tell them to stuff it into a low fee high-interest savings account or GIC, until you know for sure what to do with it. (And please don't write telling me there's no such thing as a high-interest savings account. You know what I mean.)



▶ Don't rush into investing your RRSP, regardless of pressure from the bank.

As far as I'm concerned there's no rush whatsoever to make up your mind. I've rarely seen anyone who hurries into an investment do well. Usually they end up sorry. Sometimes very sorry.

Let's say you were talked into buying a selection of technology stocks, or one or more technology mutual funds in 2000 before the technology-laden Nasaq composite index hit its market peak of 5,132 on March 10 of that year. Legions were, and the pressure to catch hold of the technology rocket was intense.

Then the Nasdaq dropped 78 per cent by the end of 2002. Today almost 11 years later the index has recovered to just a little more than half of its peak. Many portfolios still haven't come back that far.

The moral of the story; never be rushed into investing you're not sure you want and don't understand the implications.

Money matters

Be warned:

▶ It can take a decade, or more, for an unbalanced portfolio to recover from a precipitous stock market drop.



Fun and Frugal



LESLEY SCORGIE
MONEY@METRONEWS.CA

REDUCE MY TAXES!

Taxes are unavoidable. Since 1917 we've been paying them and strategizing our way around them. Finding legitimate ways to reduce the amount of taxes you pay will help you protect your net worth. Just to be super clear, I'm not talking about tax evasion — that's illegal.

The two most common ways to minimize taxes are to invest in tax-advantaged savings plans such as RRSPs and TFSAs.

Nearly anyone can have an RRSP. It is, by far, the most utilized tax-reduction tools for Canadians. Individuals can contribute up to 18 per cent of their earned income through RRSP contributions, up to $22,000 per year, and the limit can sometimes vary depending on your pension program at work . These contributions are fully tax deductible and they grow tax-deferred until withdrawal. The greater the amount you contribute, the more income you get to deduct. If you can't maximize your RRSP limit, you can carry-forward the contribution room indefinitely.

The Tax Free Savings Account (TFSA) allows you to grow your money tax free. So, when you withdraw the funds, which you can do without penalty at any time, you don't pay tax on capital gains, dividends, trust distributions, or interest earned. There are many tax credits available for Canadians including those for home purchase, renovations, child care, transit, extended medical/health expenses, and so on. Check the CRA website cra-arc.gc.ca to see which personal tax credits apply to you, rates and a list of registered charities or other reputable tax websites like hrblock.ca. Your tax return is due by April 30.

You can prevent identity theft

According to Sigma Assistel, a Desjardins Financial Security subsidiary specializing in telephone assistance services, identity theft is becoming more common in Canada.

There are steps you can take to prevent this crime from happening to you.

• Shred all unnecessary documents that contain any personal information that could be used to identify you, such as your date of birth, home address or social insurance number.

• Never confirm your PIN, credit card numbers, SIN, driver's license or other personal information over the phone or email unless you initiated the request.

• Collect your mail every day. Or, if you're about to go on vacation, ask a trusted friend or member to collect it for you.

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Big names stay put at deadline

Oilers trade Penner to Kings in one of the few major deals of the day

The rumours in recent weeks had Dustin Penner going just about everywhere, but it was the Los Angeles Kings who ended up snagging the big scoring forward from the Edmonton Oilers before the NHL trade deadline yesterday.

The Oilers got defence prospect Colten Teubert, a first-round draft pick in 2011 and a conditional 2012 second-rounder for the 28-year-old Penner.

It was the biggest move of an interesting, but not very active, deadline day that also saw the Washington Capitals pick up veteran centre Jason Arnott from New Jersey and defenceman Dennis Wideman from Florida.

The Panthers were the busiest team, moving four players — Wideman, Radek Dvorak, Bryan Allen, Chris Higgins — to go along with the three they had already dealt away in recent days. But they didn't deal goaltender Tomas Vokoun, who can become an unrestricted free agent July 1.

Dallas Stars centre Brad Richards also stayed put.

The Vancouver Canucks bolstered their depth by picking up two former Montreal Canadiens, Higgins and Maxim Lapierre, while Ottawa sent defenceman Chris Campoli and a conditional 2012 pick to Chicago for prospect Ryan Potulny and a second-rounder. The Senators also claimed goalie Curtis McElhinney off waivers from the Tampa Bay Lightning.

35
In all, 35 players and 12 draft picks changed hands in the 16 deals made before the 3 p.m. ET cutoff, the lowest total since 23 players were dealt in 12 transactions on deadline day in 2000.

The six-foot-four, 245-pound Penner still owns a home in California from his time with the Anaheim Ducks, with whom he won a Stanley Cup in 2007.

The Winkler, Man., native arrived in Edmonton the following season, sporting a $21-million US, five-year contract that has one more season to run. After scoring 23 goals in his first campaign with the Oilers, Penner dipped to 17 in 2008-09 before rebounding last season with career highs of 32 goals and 63 points.

He has 21 goals in 62 games this season and was sought by just about every team looking for offence.

"I came here with a big contract," Penner said in Edmonton after the deal was completed. "That also comes with big expectations and if I tried to meet everyone's expectations, I would drive myself insane."

THE CANADIAN PRESS

GREGORY SHAMUS/GETTY IMAGES



▶ Dustin Penner headed back to California after being dealt to the Kings by the Oilers at the NHL trade deadline yesterday.

4 sports

Quoted



"It was just a great conversation ... I think that it was something that we needed. I think the whole thing was a miscommunication from the beginning, and we're fine."

DETROIT PISTONS GUARD RICHARD HAMILTON ON MAKING UP WITH COACH JOHN KUESTER. ON FRIDAY, HAMILTON WAS ONE OF SEVERAL PISTONS PLAYERS WHO MISSED AT LEAST PART OF A SHOOTAROUND BEFORE A GAME AT PHILADELPHIA. THE COACHING STAFF USED ONLY SIX PLAYERS IN THE LOSS THAT NIGHT, STICKING WITH THOSE WHO WERE AT THE FULL SHOOTAROUND.



Crosby's golden target headed for Hall of Fame

Olympic finals hockey net was originally slated to be auctioned off

HARRY HOW/GETTY IMAGES



▶ Sidney Crosby skates around the net after scoring the game-winning goal during the gold-medal game against the U.S.

The net into which Sidney Crosby scored the overtime goal to give Canada men's hockey gold at the 2010 Vancouver Winter Olympics is not for sale after all.

Classic Auctions was set to take bids on the net, but the Vancouver Olympic Games Organizing Committee (VANOC) stepped in yesterday and the historic piece of memorabilia will now be donated to the Hockey Hall of Fame.

Terry Wright, executive vice-president of VANOC, says many items were auctioned off after the Games and he assumed the net had already been sold.

"It was actually quite exciting to find out that it hadn't gone to a collector last year," Wright said in telephone interview from Vancouver. "We periodically review the inventory that was left and because they had stored it at a separate location, we didn't know the net was still available."

Classic Auctions announced this week it would take bids until March 29 on the net. But the Delson, Que., company says the notice will be removed from its website.

Wright spoke with VANOC officials and Gameday Auction, the Games' licensee, yesterday and all agreed the net should go to the Hall of Fame, which already has the game-winning puck, as well as Crosby's stick and gloves.

"I think everybody's really excited to complete the collection," said Wright, adding VANOC would have profited from the sale of the net.

The announcement comes on the one-year anniversary of Crosby's goal that pushed Canada past the United States in the Olympic hockey final.

The piping of the net has been authenticated, but it's unclear if the mesh is still the original.

THE CANADIAN PRESS

$1,500 The opening bid for the net was going to be set at $1,500, but Wright says there's no way of knowing how much a dedicated hockey fan or collector might have paid.

JOE ROBBINS/GETTY IMAGES



▶ Defensive lineman Jerrell Powe of Mississippi runs through a drill during the NFL scouting combine yesterday.

NFL labour talks coming to a head

This is the week hardly anyone expected to actually arrive: Deadline time for the NFL and its players' union.

The collective bargaining agreement expires Thursday night, and the owners could lock out the players. Even before that, though, the players' association is likely to decertify to prevent a lockout and take its chances in court.

Both sides will resume meeting with a federal mediator today and probably tomorrow in Washington; seven recent sessions brought little progress. The 32 team owners have meetings tomorrow and Thursday in Chantilly, Va., where they will be briefed on the status of negotiations before deciding on the next step.

Just ahead stands the unthinkable: A labour shutdown in America's most prosperous and popular sport.

If the league locks out the players, everything stops except the NFL draft April 28-30 — and any interviews or workouts teams conduct with college players leading up to the draft.

Dolphins quarterback Chad Henne already has plans for practising with teammates.

"We picked out a spot to work out at, and we're trying to get guys back in town," Henne said. "Normally, our off-season program starts March 28, so we're going to try to have everybody back March 28."

"Everything is hypothetical right now. I'm just optimistic we can get something done."
49ERS COACH JIM HARBAUGH

The financial losses are almost incalculable, but would grow by tens of millions of dollars the longer the work stoppage lasts. The NFL is a $9-billion US industry, but not when it comes to a halt.

Should the union decertify, individual players would seek a court injunction preventing a lockout. Players on every team approved decertification in votes during the season.

The league filed an unfair labour practice charge against the union with the National Labour Relations Board in mid-February, saying the NFLPA "consistently has failed to confer in good faith" during negotiations for a new contract. The NFL claimed the union's plans to decertify overrode its interest in reaching a new CBA, a charge union spokesman George Atallah said had "absolutely no merit."

If the union decertifies, which it must do before the CBA expires on Thursday, commissioner Roger Goodell and the NFL in essence would have nobody to negotiate with. Then again, the players wouldn't have executive director DeMaurice Smith representing them anymore.

THE ASSOCIATED PRESS

J. MERIC/GETTY IMAGES



▶ Josh Beckett

Stray ball leaves Beckett dazed

Red Sox right-hander Josh Beckett has mild concussion symptoms, according to the team, after he was hit in the back of the head yesterday during batting practice before Boston's exhibition game against the Minnesota Twins at City of Palms Park.

Beckett walked from the field on his own, with trainers at his side. But after being examined by a doctor, he was sent home to rest. The Red Sox expect an update on Beckett today.

Beckett was in the outfield when coaching staff assistant Ino Guerrero attempted to use a fungo bat to return a ball to the infield. Instead, the ball hit Beckett.

"He's exhibiting symptoms of a mild concussion," manager Terry Francona said after Boston's 7-5 win. "He's been evaluated already.

"We'll get someone to look at him tonight, and when he comes in tomorrow, we'll check on him to see what level, if any, of a workout he can do or should do. So, go from there." THE ASSOCIATED PRESS.

Sports in brief

Spurs' Parker strains calf

NBA. Spurs point guard Tony Parker will likely miss two to four weeks with a sore calf muscle. Parker strained his calf in Sunday's win over Memphis. He has started every game for the Spurs this season. THE ASSOCIATED PRESS

Bibby flees Washington

NBA. Mike Bibby gave up $6.2 million US rather than stay with the struggling Wizards. The guard reached a buyout with the team yesterday, beating by one day a deadline that will allow him to sign with another team in time to be eligible for a playoff roster.

THE ASSOCIATED PRESS

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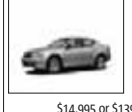
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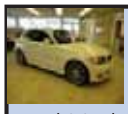
Cars & Trucks for Sale



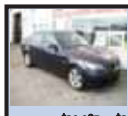
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$38,985 or $336 b/w oac.
Motormart - 407-4200



2010 Chevrolet Camaro 6cyl. Loaded, leather 27,000km
$26,985 or $205 b/w oac.
motormart.com



2010 Ford Raptor 8cyl. loaded leather, sunroof, 4x4, 40,000km
$43,985 or $332 b/w oac.
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REAL ESTATE

Commercial Real Estate

HRM - Hammonds Plains - Approximately 1000 square feet, Office space with a warehouse. Location Blue Water Road. 902-456-1446 or 902-835-2514

RENTALS

Apartments Unfurnished

Ocean Breeze Estates
Spacious Town Houses & Apartments - 3 & 4 bedroom townhouses/apartments in a community park setting. Including large units, playgrounds, pet friendly, on bus route and close to shopping. Just a great neighborhood for families located in Dartmouth. Call 430-6624.

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Please call 902-794-4525

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Merchandise for Sale

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902-476-0569



Faux Leather Chocolate Brown Loveseat
Bought less than a year ago for $800, mint condition, non-smoking home. Moving to an apartment and need to downsize. We are asking for $600 or best offer and are looking for a quick sale as we are trying to purchase other furniture for our apartment. Please contact us at 902-830-5479

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Ladies two tone gold and titanium Rolex. Waterproof.
Only 3 years old.
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Call 440 8497

PETS

Dogs

I'm Charlie a Stud Pug. I have been checked, now looking for a girlfriend. I'm purebred, all black in color. If interested for a date please call 902-461-9129

Dogs



Maltese Puppies
Puppies born Feb 19th. 4 Maltese pure bred puppies for sale. 3 boys and 1 girl. Ready for their new forever homes iafter April 16th. They will be dewormed several times, vet checked, and first needle given before they go. Mom is 5 lbs and dad is 6 1/2 lbs. $800 My price is firm. If seriously interested call me. I require a deposit of $100 to hold a puppy.

PERSONALS

Personals

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ANNOUNCEMENTS

Births



Congratulations to Lizz & BJ on the birth of their son
Campbell Peter Cochrane.
Selena now has her little brother.
Born in Kentville at the Valley Regional Hospital Sunday, February 27 at 3:36 am, weighing 8 lbs and 12 ounces.

All the best from the MacPhails!

Community Events

Bluenose Fundraising Presents:
Healthy Smiles Toothbrush Fundraiser
visit www.healthysmilesfundraiser.ca
479-2257

Dartmouth Minor Football Association

Spring Football - Varsity & Jr. Varsity Registration, Saturday March 5th from 12 pm - 2 pm, Cole Harbour Place - Harbour Room - 51 Forest Hills Parkway, Dartmouth. DMFA provides a quality tackle football program in Dartmouth and surrounding areas. We proudly offer teams for players aged 7 to 20 and boast multiple championships.

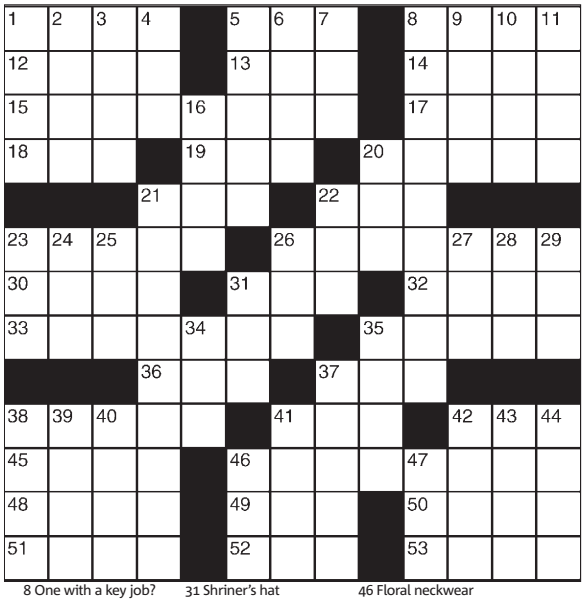
For further information please check out our website www.dartmouthdestroyers.ca.

Spiritual

Pilgrimage to the 3 major shrines in Quebec, Ste. Anne de Beaupre , Notre -Dame -du-Cap and St. Joseph. From June 18- 25 at a cost of $655.00 includes transportation, motels, and 11 meals. Downpayment of $125.00 by March 18th and the remainder May 18th. For info contact Juanita Bates at 902-466-0625 or Michael Shaw at 902-454-6074.

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Crossword



Across
1 Urban pollutant
5 Crafty
8 Mary's follower
12 Greek vowel
13 Spy org.
14 Hodgepodge
15 Traffic congestion
17 R.I. neighbor
18 "For — a jolly ..."
19 Consumed
20 Bundle of yarn
21 Banned insecticide
22 Greyhound carrier
23 Each and —
26 Sleepwear, slangily
30 Having Y chromosomes
31 Nourished
32 Not active
33 Not upset (by)
35 Add fuel to the fire
36 12 (Abbr.)
37 Cheerful sound?
38 Layered rock
41 Chick
42 "See ya"
45 Novice
46 Name in aircraft
48 Great story
49 8-Across' mom
50 Peruse
51 Frail
52 Neither Rep. nor Dem.
53 Agile

Down
1 Unuttered "Alas"
2 Additional
3 Elevator name
4 Wander (about)
5 Composer Joplin
6 Grown-up nits
7 Tibetan beast
8 One with a key job?
9 Lotion additive
10 Revealing skirt
11 German city
16 "— Sings the Blues"
20 Total
21 Rasta's braid
22 Evil
23 Ostrich's cousin
24 Moving truck
25 Sprite
26 Clampett patriarch
27 Altar affirmative
28 Wapiti
29 Witness
31 Shriner's hat
34 Orange "Sesame Street" Muppet
35 Polio vaccine discoverer
37 Battled for time
38 Crockpot creation
39 Advertise in a big way
40 Operatic solo
41 Formal dress
42 Road Runner's noise
43 Once around the sun
44 Vortex
46 Floral neckwear
47 120 min. = 2 —

▶ Yesterday's answer

B	L	T			A	L	P		A	L	S	O
A	U	R	A		H	E	R		P	E	O	N
C	L	A	P		A	G	O		P	O	L	E
H	U	M	P	S		S	O	A	R			
			L	A	G		F	L	O	R	E	T
J	A	N	I	T	O	R		A	B	O	V	E
O	P	E	C		B	A	Z		A	V	E	R
E	S	S	A	Y		W	E	S	T	E	R	N
L	E	T	T	E	R		D	O	I			
			I	S	I	S		Y	O	D	E	L
M	E	M	O		G	E	L		N	O	L	O
I	R	A	N		O	W	E		S	O	S	A
A	R	T	S		R	N	A			M	E	N

Sudoku

		6				1		
					5		6	8
3	7		8	6				
							1	9
4	3	9				5	7	2
2	8							
				5	6		9	3
7	6		4					
		4				6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	8	2	1	6	4	9	5	3
3	4	6	7	9	5	2	8	1
9	1	5	2	3	8	6	7	4
1	9	8	6	5	2	4	3	7
5	7	4	3	1	9	8	2	6
6	2	3	4	8	7	1	9	5
4	6	9	5	2	3	7	1	8
8	5	1	9	7	6	3	4	2
2	3	7	8	4	1	5	6	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Ricky, my love! I just wanted to let you know how happy i am with you. Not a day goes by that i dont think of you and how lucky i am to have found you. Happy anniversary! **JANE**

Sandra O' You are the one and only person I could ever love. You have made me the happiest man in the world. you complete me, Will you marry me? **LOVE JB**

To my loving husband Dave, I am so lucky to wake up to you everyday. I love you more and more everyday and look forward to the years ahead. With love **SHAILEEN XO**

Dear Niraj T, You are the love of my life, you've always been there for me. I have learned so much from you through the past years, Happy six years and three months baby. I love you. **LOVE YOUR LIL ONE KN**

Today 1°/-9° Partly cloudy
Wednesday 2°/-11° Partly cloudy
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Avoid situations in which you don't have the final say in what takes place. Also avoid people who want to control everything. That kind of relationship is doomed to fail.

♉ Taurus April 21-May 21 Something is worrying you. Whatever it is, you won't get over it just by trying to put it out of your mind. You have to face up to the situation and then deal with it.

♊ Gemini May 22-June 21 Listen to what your inner voice tells you and ignore what everyone around you has to say. They may mean well, but they don't know you as well as you know yourself. Deep down you already know the answer.

♋ Cancer June 22-July 22 Tread carefully when discussing sensitive issues with loved ones. According to the planets, they most likely don't want to hear your advice, especially if it requires a change of behaviour on their part.

♌ Leo July 23-Aug.23 Your sixth sense can be trusted, so be on guard if you doubt what some people are saying. There may be no logical reason for your suspicions but logic has nothing to do with it.

♍ Virgo Aug. 24- Sept. 22 Someone will let you in on a secret today, but watch out because he or she may be using it as a hook to find out something that you would rather the world did not know about.

♎ Libra Sept. 23-Oct. 23 A deal of some kind may sound attractive but you need to find out more about it before you commit. If you get something, you will no doubt be asked to give something in return.

♏ Scorpio Oct. 24-Nov. 22 Don't get angry if you have to pay over the odds for something today. It's only money, and if you did not spend it on this you would spend it on something else, no doubt just as frivolous.

♐ Sagittarius Nov. 23-Dec. 21 There is no point trying to keep something secret from the people who know you best because they can read you like a book. Whatever it is, own up to it.

♑ Capricorn Dec. 22-Jan. 20 If you need to announce some bad news today, the best way is to come right out with it. The more you prevaricate, the more others will worry that it's earth-shatteringly terrible.

♒ Aquarius Jan. 21-Feb. 18 You won't be thinking straight today, so expect your mind to play tricks on you. Now that you know that, you are less likely to make any spur-of-the-moment decisions that will get you into trouble.

♓ Pisces Feb. 19-March 20 The more that others insist that you follow their lead, the more you will resist and go your own way. Always do what is right for you.

SALLY BROMPTON

Caption contest



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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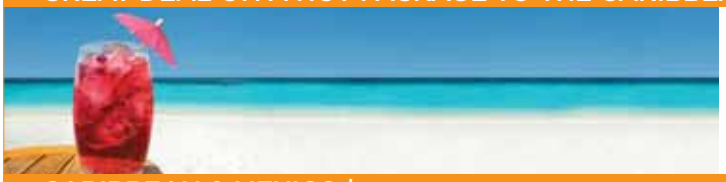


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Breezes Bahamas ❀❀❀
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$879 Add taxes & other fees: $165

BAHAMAS | Nassau via Toronto
Sheraton Nassau Beach Resort ❀❀❀❀
Resort view rm. • Apr. 10 • 4 nts.
$1019 Add taxes & other fees: $165

BAHAMAS | Nassau via Toronto
Atlantis Paradise Island ❀❀❀❀❀
Promo - Beach Tower - Terrace view rm. • Apr. 10 • 4 nts. • 4TH NIGHT FREE[1]
$1279 Add taxes & other fees: $165

CUBA | Cayo Coco/Cayo Guillermo
Emperador Laguna Villas & Resort ❀❀❀½
All-Inclusive • Club laguna rm. • Mar. 19 & 26 • 1 wk.
$989 Add taxes & other fees: $155

CUBA | Holguin
Sirenis Playa Turquesa ❀❀❀❀
All-Inclusive • Superior rm. • Mar. 26 - Apr. 16 • 1 wk.
$999 Add taxes & other fees: $155

CUBA | Varadero
Sirenis La Salina Varadero Beach Resort ❀❀❀❀
All-Inclusive • Standard rm. • Apr. 15 • 1 wk.
$999 Add taxes & other fees: $155

CUBA | Varadero
Barceló Solymar Arenas Blancas Resort ❀❀❀❀
All-Inclusive • Supersaver rm. • Mar. 11 • 1 wk.
$1089 Add taxes & other fees: $155

BERMUDA
Grotto Bay Beach Resort ❀❀❀½
Superior oceanview rm. • Mar. 12 & 19 • 1 wk.
$1259 Add taxes & other fees: $120

DOMINICAN REPUBLIC | Punta Cana
Occidental Grand Punta Cana ❀❀❀❀
All-Inclusive • Junior suite • Apr. 16 • 1 wk.
$899 Add taxes & other fees: $180

DOMINICAN REPUBLIC | Punta Cana
Gran Bahia Principe Punta Cana ❀❀❀❀½ PRIVILEGES
All-Inclusive • Junior suite • Mar. 19 • 1 wk.
$1099 Add taxes & other fees: $180

DOMINICAN REPUBLIC | Samana
Gran Bahia Principe Cayacoa ❀❀❀❀ PRIVILEGES
All-Inclusive • Standard rm. • Mar. 10, 17 & 24 • 1 wk.
$999 Add taxes & other fees: $180

DOMINICAN REPUBLIC | Samana
Gran Bahia Principe El Portillo ❀❀❀❀½ PRIVILEGES
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MEXICO | Ixtapa/Zihuatanejo via Toronto
Barceló Ixtapa Beach ❀❀❀❀ PRIVILEGES
All-Inclusive • Superior rm. • Mar. 19 & 26 • 1 wk.
$1229 Add taxes & other fees: $262

MEXICO | Puerto Vallarta/Riviera Nayarit via Toronto
Meliá Puerto Vallarta ❀❀❀❀ PRIVILEGES
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$1449 Add taxes & other fees: $152
Add $85 for Sat. & Sun. departures

JAMAICA
Sunset Jamaica Grande Resort & Spa ❀❀❀❀ PRIVILEGES
All-Inclusive • Traditional standard rm. • Apr. 18 • 1 wk.
$1299 Add taxes & other fees: $127

JAMAICA
Gran Bahia Principe Jamaica ❀❀❀❀½ PRIVILEGES
All-Inclusive • Junior suite • Apr. 11 • 1 wk.
$1499 Add taxes & other fees: $127

USA | AIR & HOTEL

FLORIDA | Orlando via Toronto or Montreal
Clarion Resort & Waterpark ❀❀❀
Double or twin guest rm. • Apr. 4 & 5 • 1 wk.
$699 Add taxes & other fees: $128

NEVADA | Las Vegas via Toronto or Montreal
Imperial Palace Hotel & Casino ❀❀❀
Deluxe rm. • May 1 • 3 nts.
$709 Add taxes & other fees: $140

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$749 Add taxes & other fees: $471

FRANCE | Paris via Toronto
All Seasons Paris Gare de L'Est ❀❀❀
Breakfast • Standard rm. • Apr. 6, 7 & 13 • 4 nts.
$899 Add taxes & other fees: $420



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